

## Worksite Challenge: Fit with 5

Information letter to “Fit with 5” participants; coordinators, please tailor to your state and needs.

To: “Worksite Challenge: Fit with 5” participants  
From: Arkansas Coordinator  
Date: (DATE OF YOUR EVENT)  
Subject: “Worksite Challenge: Fit with 5”

“Worksite Challenge: Fit with 5” is an event developed by the National Cancer Institute and sponsored by the Arkansas Department of Health and Human Services and the Arkansas Governor’s Council on Physical Fitness and Sports. The “Worksite Challenge: Fit with 5” will be (DATES). The goals of this event are to:

- Support and encourage individuals to move toward accumulating 30 minutes or more of moderate to vigorous activity on a daily basis
- Eat at least five servings of fruits and vegetables each day
- Create a worksite/community environment that promotes and supports healthy behaviors
- Create the capacity to disseminate this program to other institutions and communities

“Worksite Challenge: Fit with 5” is a health program for the workplace. The aim of this event is to support and encourage individuals to be physically fit and eat at least five servings of fruits and vegetables a day. Being active and eating correctly is very important for our health and well-being. Everyday, physicians diagnose cancer, heart disease, high blood pressure, diabetes and other health problems, which may be easily prevented by regular exercise and eating healthy. Many Arkansans are overweight and don't get enough physical activity. This challenge event is the perfect way for your colleagues/employees to get involved in physical activity and eating five or more servings of fruits and vegetables a day.

The potential impact of “Worksite Challenge: Fit with 5” on the employees in Arkansas is great. Research has shown that the most successful programs have obtained support from management. For this program to truly be successful, it needs your support and participation.

“Worksite Challenge: Fit with 5” provides an excellent way to spread worksite health into all of Arkansas. The ultimate aim is to disseminate “Worksite Challenge: Fit with 5” in every community and state during (INSERT YEAR). We want the employees of the (YOUR COMPANY NAME) to be aware of the benefits of exercise and good nutrition. This event will help educate participants on the benefits of personal physical fitness and eating at least five servings of fruits and vegetables a day. We hope you will support “Worksite Challenge: Fit with 5” by taking part on a team and encouraging your employees to participate in this voluntary event. If you need any additional information please call (\_\_\_\_)\_\_\_\_\_.